



## CITIZENS UNION FOR PROGRESS

REBECCA  
DOGETT  
ANDRADE  
Executive Director

# NEWSLETTER

MASO P. RYAN  
President

VOLUME 1

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NO. 1

### TEN YEARS OF PROGRESS

*Rebecca Doggett Andrade,  
Executive Director*

1977 marks the 10th year of the Citizens Union for Progress.

In these ten years we have come from a small organization of no more than 10 volunteers meeting in a storefront on Springfield Avenue to our present organization of numerous volunteers and over 40 regular paid employees. In that time, we have also established the following programs:

- \* Rehabilitation of 300 units of housing
- \* 96-family housing cooperative called Amity Village No. 1
- \* Management of 200 housing units owned by Tri-City, called Amity Village 2A
- \* Daily child care program for 95 children, ages 2-8
- \* Women's and children's preventive health care center
- \* neighborhood employment and training
- \* technical assistance to smaller community based programs
- \* Housing maintenance program

Several new programs are on the drawing boards for the future. Everything points to our getting bigger and, we hope, better at rebuilding our city. I have been proud to be a part of this ten year history and look forward to future years of new work and progress.

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### ECONOMIC UPDATE

*Edward Andrade  
Director, Economic Development*

Many times I am asked the question "What is Economic Development?" Economic Development is providing ways for an area or neighborhood to become self-sufficient through providing jobs and income for its people.

For example, housing management provides a means of producing jobs and income — Tri-City's housing management program directly employs 10 people who collectively earn approximately \$140,000 per year. Tri-City's housing has a farreaching effect in the economic development of the area by providing business opportunities for painters, electricians, contractors, carpeting concerns, oil companies, Public Service and the telephone company.

The economic development of this neighborhood begins here and is under the control of this neighborhood — this is an important step towards rebuilding OUR city.

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### HOUSING HAPPENINGS

*Dolores Anderson  
Resident Manager*

The building Manager's Program, established in November, 1976, is now operating full swing. Each family of residents in Amity No. 1 Co-op will have complete responsibility for the maintenance and upkeep of the building in which they reside on a 3-month rotating basis. This responsibility includes maintenance of the interior and exterior of the building, with technical problems still being handled by the Tri-City Maintenance Department. Most residents are working "cooperatively" with each other whether it is their turn or not. They have been replacing broken windows, changing washers, replacing light bulbs, shoveling snow, etc.; an excellent example of what cooperative housing is all about. It also serves to free up the maintenance men for jobs which require more technical expertise.

You may have noticed a "hot tar kettle" traveling throughout the neighborhood over the past few months. We are presently involved in a project to repair all roofs beginning with Amity No. 1 and moving on to Amity 2A. This is a part of our ongoing preventive maintenance program.

Tips for better housing:

1. Remind the children to pick up after themselves - Let's be litter-free.
2. We can help to eliminate the rat and pest problem if we keep garbage cans covered and sweep around the garbage area.

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## HEALTH CARE

*Hazel Clarke*

*Health Coordinator*

Have you heard about our new Weight Control Program? Every Monday evening between the hours of 7 and 8 p.m. the Women's Clinic turns its attention to the problems of overweight. We presently have 6 women enrolled in the program. We emphasize nutrition and calorie intake as relates to overweight; self-control in developing and maintaining good eating habits and daily exercise. If you have an overweight condition, you should be aware that this condition affects your blood pressure, increases your susceptibility to illness, makes you accident-prone and decreases your appreciation for your own appearance.

The Weight Control Program is run by interested volunteers under the guidance of a certified nutritionist.

Another new program at the clinic is the dental counseling and referral program. You and your family can receive low-cost dental care simply by contacting us and we will refer you to a dentist who can provide this care. We recently brought the Mobile Dental Health Center to Tri-City from the College of Medicine and Dentistry. 102 children in the area were given a free examination aboard the van and parents were provided information on low-cost dental care. 39 children were referred for further dental attention. We hope to provide this service on an annual basis.

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## COMMUNITY SERVICES

*Frances Copeland*

*Community Services Coordinator*

Project Go!, the city-wide free transportation service made possible by the Metropolitan Ecumenical Ministry, is in full operation. The service is available to elderly and handicapped persons and others who qualify by income, between the hours of 9:30 a.m. and 4:30 p.m. weekdays. You may call 374-9449 or 374-5252 for service. All we ask is that you call 24 hours in advance of the time you wish to visit a doctor, hospital or clinic, school, the supermarket or even just to visit a friend! You may be taken anywhere in Essex County and you will be picked up and transported home. We do encourage supermarket shoppers to do their shopping on Tuesday, Wednesday or Thursday when the stores are not likely to be crowded. If you make regularly scheduled visits to any particular destination, it is possible for you to arrange your transportation to suit.

It might interest you to know that Project Go! stations must transport a minimum number of persons each month to maintain the service, and last month we went over our quota!

**NOTE TO PARENTS:** If your child is enrolled at Tri-City Day Care Center, please send him/her to the Center even if you have a day off. We are required by the State to maintain 80% attendance in order to protect our funding. It is also best for your child if his/her program is not interrupted too frequently.

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**IT'S TIME TO CALL THE CLINIC AND MAKE AN APPOINTMENT FOR THE CHILDREN'S SUMMER CAMP AND SUMMER PROGRAM PHYSICALS.  
372-1290**

## SUMMER'S COMING AND HERE ARE A FEW SAFETY TIPS:

- Bicyclists should observe safety rules and ride with caution
- Skateboarding in the streets or down driveways is dangerous
- Children should not run between cars to chase balls or ice cream trucks
- Toddlers should not be permitted to approach an ice cream truck attended

## CRUSADE FOR LEARNING

*Maria Reimon  
Head Teacher*

We are now looking forward to a full program of summer activities for our 1977 summer season. Operating at full capacity for the summer, we will be able to serve 40 kindergarten and 35 1st, 2nd and 3rd grade children.

We will concentrate on increasing the skills level of all children before entering the next grade in September. The children will be tutored in small groups, and any child who has a problem in any given area will be referred for special attention. Breakfast, lunch and a snack will be provided for the children, along with a program to make them more conscious of good nutrition. It will be presented to them in a way which they will enjoy — through stories, movies and conversation. They will also be reminded of good eating habits, good table manners, portion control and self-control at the table.

Our summer program will also feature recreation. The children will be visiting museums, shows, lakes, aquariums and will be taking swimming lessons. Of course, music, physical education and arts and crafts will be included to round out the program. We look forward to a great summer here at the People's Center.

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## DAY CARE DOINGS

*Linda Muchell  
Head Teacher*

The arts are incorporated in the Bicultural Day Care Program in a variety of forms, ways and techniques. Art makes it possible for a child to develop his/her body and mind in a way which is interesting and fun. Developing a child's sense of creativity helps to build a positive image of oneself.

Development of a child's senses, muscle control and fine motor coordination is achieved as follows:

hand/eye coordination: easel painting, crayon drawing, string painting;

listening skills (ear): handclapping to rhythms without music;

motor (muscle) development: clay, clay products, Play-doh, finger painting.

The children also play rhythm instruments while marching, to develop coordination. Songs are taught to the children in both English and Spanish, and they perform almost on cue. They are also encouraged to make up and sing their own songs.

Another facet of our arts program is carried out at the Newark Community Center of the Performing Arts. Every Wednesday morning the 4 and 5 year olds are commuted to the Newark Center where they are taught, in small groups, to play the violin, creative movement and to play percussion instruments. They are also taught to read music, and we are very proud of the fact that six of our youngsters have been selected to take advanced, private lessons on the violin.

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## ENERGY CONSERVATION

*Jack Greenspan  
Energy Consultant*

One of the most important issues on everyone's mind these days is the question of energy reserves and conservation. Experiments and discussions on alternate ways to meet our energy needs are being conducted worldwide. Tri-City is getting involved, too, with conservation measures and solar energy.

We plan to have a "working" conference at Tri-City on June 11th and possibly again on June 18th. The main purposes of the conference will be to show homeowners:

1. How to analyze sources of energy waste;
2. How to care for the heating system.

We will also unveil a revolutionary method by which the average homeowner can insulate his/her home without the usual equipment required. By June 11th, we expect to have installed, and on exhibit, a solar system on the roof of at least one building on 18th Avenue. The solar collector will have the capability to provide 85% of the hot water needs of the 3 families there, by means of the sun's energy. As we take steps to conserve our precious energy supply, we can cut costs dramatically.

Mark your calendars for the conference — and don't miss it!

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## ANNOUNCEMENTS

Ms. Vera Brantley McMillon, Chairperson, Tri-City Trust Fund, announces a May Fellowship Celebration, sponsored by Church Women United of Newark. The affair, to be held on May 6th, 12:30 p.m., at the New Bethany Baptist Church, 275 West Market Street, will be a luncheon and program. The theme of the celebration will be "The Community" and our Executive Director, Rebecca Doggett Andrade, will present a slide show presentation on Tri-City's accomplishments.

The main speaker will be William Watson Vista Supervisor, Unified Vailsburg Services Organization. The main program will be followed by a town meeting type discussion.

The cost of the luncheon will be \$3.00 and the public is invited.

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Maso P. Ryan, President of Tri-City's Board of Directors, announces the following fund raising event to benefit Tri-City.

The Men's Club of Trinity Cathedral, of which Mr. Ryan is a member, will sponsor a concert on Sunday, June 19th at 3:00 p.m. at Trinity Cathedral, Broad Street near Central Avenue, Newark.

In concert will be Mr. Fred Thomas, distinguished Bass/Baritone, who has performed all over the United States and in Europe.

The price of admission will be \$5.00, with 50% of the proceeds going to Tri-City.

## REMEMBER THE \$50,000 PYRAMID?

Well, here's what it looks like  when it should look like  . When you consider that administrative operating costs are currently running approximately \$6,000 per month, the funding picture looks very bleak. While applications for funding from outside sources are pending, we have to stay in business to protect our existing programs and implement the new ones. Our total monies raised should (!) be \$16,666. It is only \$3,815.

If you have not made a pledge, please call or stop by the office. If you have, we're counting on you to keep payments current. We also need your help in recruiting new pledges. Let's build on that cornerstone!

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## UP & COMING

### Dates to remember:

May 4	Mother's Day Dinner, (5:30 p.m.) Kindergarten/After School class, People's Center
May 6	Mother's Day Breakfast, Day Care (8:00 a.m.) Program, People's Center
May 6	May Fellowship (12:30 p.m.) Celebration/Luncheon, Church Women United of Newark, New Bethany Baptist Church, Newark
June 11 & 18	Energy Conference, Tri-City
June 19	Fred Thomas Concert, Trinity (Father's Day) Cathedral, Newark (3:00 p.m.)

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ATTENTION: YOUR CHILDREN WILL NOT BE ADMITTED OR RE-ADMITTED TO SCHOOL IN SEPTEMBER UNLESS THEIR IMMUNIZATIONS HAVE BEEN COMPLETED BY SEPTEMBER 1st! CALL THE CLINIC FOR AN APPOINTMENT. 372-1290

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### Health Clinic Hours:

#### Women's Clinic —

Monday, 6-8 p.m.

(Weight Control, 7-8 p.m.)

#### Children's Clinic —

Tuesday, 1-3:30 p.m.

Wednesday, 5:00-7:30 p.m.

Thursday, 5:00-7:30 p.m.

Friday, 9:30 a.m.-12:30 p.m.

Saturday, 9:30 a.m.-12:30 p.m.

Regular office hours are from 9:00 a.m. to 5:00 p.m., Monday through Friday.

### TRI-CITY CITIZENS UNION FOR PROGRESS, Inc.

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